

GROWING
WITH
GRAINS





GRAIN / BREADS

Birth - 11 months

AGE	 RECOMMENDED	 NOT RECOMMENDED
0 - 3 months	Breast milk (preferred) Iron-fortified infant formula	Other foods at this age
4 - 7 months	Iron-fortified rice cereal for first introduction of cereal Iron-fortified oat and barley infant cereal can be introduced after rice cereal	Wheat cereal until babies are 8 months old Commercially prepared cereal mixtures
8 - 11 months	Iron-fortified infant cereals A food should have no more than 35% of its calories from total sugars. (See food label and examples). All foods must have less than 0.5 grams of trans fat. (See sample food label in Appendix). Commercially prepared, age appropriate, baked snacks are allowed for snack time only (such as teething biscuits). For snacks, try to offer items that have no more than 200 mg of sodium per serving (cereals, crackers, baked goods, etc.). (See sample food label in Appendix).	Grains and cereals that have more than 6 grams of sugar per serving Baked goods for breakfast (such as donuts, cinnamon buns) Commercially prepared cereal mixtures Baked snacks high in sugar and fat (such as cookies, granola bars, cupcakes)

Rationale

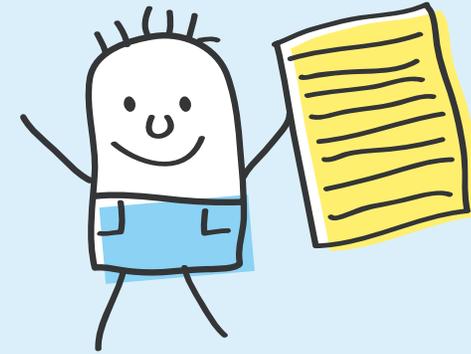
Why no commercially prepared cereal mixtures?

- Mixture may contain a new food that the child has not tried and may cause an allergic reaction.
- Portions of the food components in the mixture are not specified.

Portion Size

Watch for hunger and fullness cues.

AGE	ITEM	MEALS	SNACKS
4 - 7 months	Iron-fortified infant cereal	0 – 3 Tbsp.	
8 - 11 months	Iron-fortified infant cereal Bread Crackers	2 – 4 Tbsp.	1/2 slice 2 crackers



Sample policy support for program, staff, and family handbooks

Program and Staff

- High sugar or fat snack items will not be served to the children in our program
- Celebrations include no more than one food that does not meet the adopted nutrition guidelines. A party list of foods meeting the guidelines will be provided to staff and families.

Families

- Providing good nutrition for your child is a partnership. We at (name of program) ask for your support:
 - For packed meals, please provide grains, cereals, crackers and breads that meet the guidelines. High fat products (containing more than 35% of calories from fat) and high sugar products (containing more than 35% of calories from sugar) are not permitted. An approved list of age appropriate foods will be provided.



GRAIN / BREADS

1 - 2 years

GO RECOMMENDED

- Whole grains are preferred for all grains, pastas, and breads. Look for whole grain to be listed as the first ingredient, or that the food contains the entire grain kernel. Examples include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.
- Brown rice is preferred for all rice dishes when possible.
- A food should have no more than 35% of its calories from total sugars. Using this calculation is preferred. However, a simple alternative is to choose items that do not have sugars listed as the first, second, or third ingredients or have several listed. (See example food labels in Appendix).
- A grain or bread should have no more than 35% of its calories from fat and no more than 10% of its calories from saturated fat. (See sample food label in Appendix).
- All foods must have less than 0.5 grams of trans fat. (See sample food label in Appendix).
- Choose foods that are highest in fiber (cereals, breads, pastas, etc.).
- Try to offer items that have no more than 200 mg of sodium per serving. (See sample food label in Appendix).
- * A grain product must be enriched or whole grain to be reimbursable.

STOP NOT RECOMMENDED

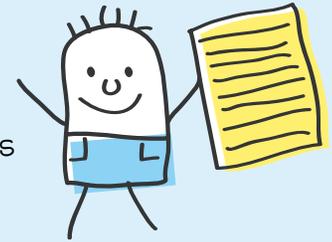
- Cereals or grains with more than 6 grams of sugar per serving
- Baked goods for breakfast that are high in sugar and fat such as cinnamon rolls, toaster pastries, muffins, donuts
- Baked snacks that are high in sugar and fat such as cookies, cakes, rice treats

Rationale

Why serve whole grain?

- The Dietary Guidelines for Americans recommend making half our grains whole grains and that all age levels consume 14 grams of fiber per 1,000 calories. For children aged 12 to 36 months, the recommended level of intake is 19 grams of fiber per day.

Sample policy support for program, staff, and family handbooks



Program and Staff

- We at (name of the program) support your child's healthy food choices by:
 - Offering more breads, pastas, and grains made from whole grains.
 - Serving brown rice for all rice dishes when possible.
 - Serving whole grain cereals containing 6 grams of sugar or less.
 - Not serving high sugar or fat snack items.
- Celebrations will include no more than one food that does not meet the adopted nutrition guidelines. A list of party foods meeting the guidelines will be provided to staff and families.

Families

- Providing good nutrition for your child is a partnership. We at (name of program) ask for your support:
 - For packed meals, please provide grains, cereals, crackers and breads that meet the guidelines. High fat products (containing more than 35% of calories from fat) and high sugar products (containing more than 35% of calories from sugar) are discouraged. An approved list of age appropriate foods will be provided.

Portion Size

ITEM	LUNCH	SNACK
Bakery items including, but not limited to, bread, bagels, and other bakery items	1/2 slice	
Cereals, hot or cold	1/4 cup (2 oz.)	
Pasta, noodles, or grains	1/4 cup (2 oz.)	



GRAIN / BREADS

3 - 5 years

GO RECOMMENDED

- Whole grains are preferred for all grains, pastas, and breads. Look for whole grain to be listed as the first ingredient, or that the food contains the entire grain kernel. Examples include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.
- Brown rice is preferred for all rice dishes when possible.
- A food should have no more than 35% of its calories from total sugars. Using this calculation is preferred. However, a simple alternative is to choose items that do not have sugars listed as the first, second, or third ingredients or have several listed. (See sample food label in Appendix)
- A grain or bread should have no more than 35% of its calories from fat and no more than 10% of its calories from saturated fat. (See sample food label in Appendix).
- All foods must have less than 0.5 grams of trans fat. (See sample food label in Appendix).
- Choose foods that are highest in fiber (cereals, breads, pastas, etc).
- Try to offer items that have no more than 200 mg of sodium per serving. (See sample food label in Appendix).

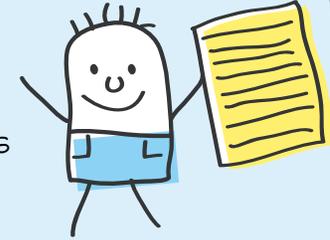
STOP NOT RECOMMENDED

- Cereals or grains with more than 6 grams of sugar per serving
- Baked goods for breakfast (such as cinnamon rolls, toaster pastries, muffins, donuts) that are high in sugar and fat should be avoided or limited.
- Baked snacks (such as cookies, cakes, rice treats) that are high in sugar and fat should be avoided or limited.

Rationale

Why serve whole grain?

- The Dietary Guidelines for Americans recommend making half our grains whole grains and that all age levels consume 14 grams of fiber per 1,000 calories. For children aged 3 - 5 years old, the recommended level of intake is 25 grams of fiber per day.



Sample policy support for program, staff, and family handbooks

Program and Staff

- We at (name of the program) support your child's healthy food choices by:
 - Offering most breads, pastas, and grains made from whole grains.
 - Serving brown rice for all rice dishes when possible.
 - Serving whole grain cereals containing 6 grams of sugar or less.
 - Not serving high sugar or fat snack items.
- Celebrations will include no more than one food that does not meet the adopted nutrition guidelines. An approved list of age appropriate foods will be provided.

Families

- Providing good nutrition for your child is a partnership. We at (name of program) ask for your support:
- For packed meals, please provide grains, cereals, crackers and breads that meet the guidelines. High fat products (containing more than 35% of calories from fat) and high sugar products (containing more than 35% of calories from sugar) are discouraged. An approved list of age appropriate foods will be provided.

Portion Size

ITEM	LUNCH	SNACK
Bakery items including, but not limited to, bread, bagels, and other bakery items	1/2 slice	
Cereals (cold)	1/3 cup (2.5 oz.)	
Cereals (hot)	1/4 cup (2 oz.)	
Pasta, noodles, or grains	1/4 cup (2 oz.)	



GRAIN / BREADS

6 - 12 years

GO RECOMMENDED

- Whole grains are preferred for all grains, pastas, and breads. Look for whole grain to be listed as the first ingredient, or that the food contains the entire grain kernel. Examples include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.
- Brown rice is preferred for all rice dishes when possible.
- A food should have no more than 35% of its calories from total sugars. Using this calculation is preferred. However, a simple alternative is to choose items that do not have sugars listed as the first, second, or third ingredients or have several listed. (See sample food label in Appendix).
- A grain or bread should have no more than 35% of its calories from fat and no more than 10% of its calories from saturated fat (See sample food label in Appendix).
- All foods must have less than 0.5 grams of trans fat. (See sample food label in Appendix).
- Choose foods that are higher in fiber (cereals, breads, pastas, etc). Try to offer items that have no more than 200 mg of sodium per serving. (See sample food label in Appendix).

STOP NOT RECOMMENDED

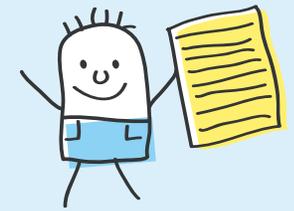
- Cereals or grains with more than 6 grams of sugar per serving
- Baked goods (such as cinnamon rolls, toaster pastries, muffins, donuts) for breakfast that are high in sugar and fat should be avoided or limited.
- Baked snacks (such as cookies, cakes, rice treats) that are high in sugar and fat should be avoided or limited.

Rationale

Why serve whole grain?

- The Dietary Guidelines for Americans recommend making half our grains whole grains and that all age levels consume 14 grams of fiber per 1,000 calories. For children aged 6 to 12 years old, the recommended level of fiber intake for girls is 25 to 26 grams per day and 25 to 31 grams per day for boys.

Sample policy support for program, staff, and family handbooks



Program and Staff

- We at (name of the program) support your child's healthy food choices by:
 - Offering more breads, pastas, and grains made from whole grains.
 - Serving brown rice for all rice dishes when possible.
 - Serving whole grain cereals containing 6 grams of sugar or less.
 - Not serving high sugar or fat snack items.
- Celebrations will include no more than one food that does not meet the adopted nutrition guidelines. A list of party foods meeting the guidelines. A list of party foods meeting the guidelines will be provided to staff and families.

Families

- Providing good nutrition for your child is a partnership. We at (name of program) ask for your support:
 - For packed meals, please provide grains, cereals, crackers and breads that meet the guidelines. High fat products (containing more than 35% of calories from fat) and high sugar products (containing more than 35% of calories from sugar) are discouraged. An approved list of age appropriate foods will be provided.

Portion Size

ITEM	LUNCH	SNACK
Bakery items including, but not limited to, bread, bagels, and other bakery items	1 slice	
Cereals (cold)	3/4 cup (6 oz.)	
Cereals (hot)	1/2 cup (4 oz.)	
Pasta, noodles, or grains	1/2 cup (4oz.)	